



Caribou Celebration

► BEAUFORT DELTA REGION

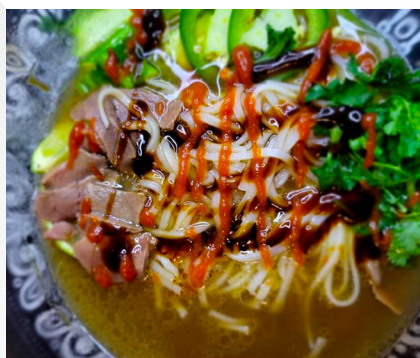


Photo: Shayna Allen



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ABOUT THE CHEF

Shayna Allen | InuvikEats, Inuvik NT

Shayna is a passionate young Inuvialuk chef innovating creative fusion dishes from her InuvikEats food truck, which you can follow on social media for a preview of what's cooking. She also enjoys sharing her love of food by teaching cooking classes for youth and catering her hometown of Inuvik.

"My dishes were inspired by my grandparents. Caribou was a staple in our household growing up, so I wanted to create some of my personal favourite dishes incorporating caribou into a 5-course meal with HUGE flavours profiles.

All my herbs and lettuce were from our local greenhouse and the caribou was harvested by a friend. Starting off with Caribou Meatball Salad Rolls on a bed of romaine lettuce and carrots, served with a peanut hoisin sauce. The second dish is my personal go-to appetizer, Jalapeno Popper and Mushroom Caps. I added ground caribou in my cheese stuffing. For the third dish, to cleanse the palate from the hot jalapeno, is a Potato Caribou Stuffed Pierogi.

For the main dish, given we are in the coldest months, I wanted to serve a hot bowl of pho to warm the soul. I call this "Nice Pho What" which includes a rich flavourful caribou broth, rice noodles, herbs and thinly sliced frozen caribou that cooks once you add the hot broth. To finalize the dish, we will end with everyone's favourite, caribou dry meat and house garlic butter. I really enjoyed creating this meal and utilizing local ingredients."



RECIPE INSTRUCTIONS

1st Dish:

KC's Rolls

2nd Dish:

GO-2 Appy

3rd Dish:

Caribou Stuffed Pierogi

4th Dish:

Nice Pho What

5th Dish:

Dry Meat w/ House Garlic Butter

Complete recipe instructions can be found on the following page.



WHERE TO FIND LOCAL FOOD

Fresh herbs and produce can be purchased from the Inuvik Community Greenhouse in the local Isle 10 store. Keep an eye out for pop-up farmer's markets at the Arctic Market in Inuvik which usually runs throughout the winter and summer.



**CANADA'S
AGRICULTURE
DAY**

Government of
Northwest Territories



Photo: Shayna Allen

1st Dish: KC's Rolls

- 1 cup ground caribou
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon ginger
- 4 rice paper
- 2 cups rice noodles, boiled 3 minutes
- ½ cup carrots, chopped julienne
- ½ cup cucumber, chopped julienne

Combine the ground caribou, salt, pepper and ginger and gently roll the meat mixture between your hands to form 1 ½ inch meatballs (about 2 tablespoons each). Place meatballs on a baking sheet and roast in the oven at 400°F for 25 minutes.

To assemble, dip the rice paper in a bowl of warm water to soften. Lay wrapper flat and lay some carrots, cucumbers, a handful of cooked rice noodles and the meatballs in a row along the centre leaving about 2 inches on each side. Tightly roll the wrapper, cut and serve with a delicious peanut hoisin sauce.



Photo: Shayna Allen

2nd Dish: GO-2 Appy

- ¼ cup cooked ground caribou
- ¼ cup cream cheese
- ½ cup sour cream
- ½ cup grated marble cheese
- 4 sliced jalapenos
- 8 mushrooms
- 3 sliced pieces of bacon, cooked and chopped
- Chopped green onion and parsley for garnish

Combine caribou, cream cheese, sour cream and cheese. Slice jalapenos from stem to end and scrape out seeds and fill with the cheese mixture.

For the mushroom caps, scoop out the stem and inside cap and fill.

Bake in the oven at 400°F about 20 minutes, top with bacon, green onion and parsley and enjoy!



Photo: Shayna Allen

3rd Dish: Caribou Stuffed Pierogi

- 2 eggs, beaten
- 1/3 cup warm water
- ½ teaspoon salt
- 2 cups flour
- ¼ cup ground caribou, cooked
- ½ cup mashed potato
- ½ cup cheese
- 3 slices of cooked bacon, chopped
- Chopped green onion and thyme for garnish

Combine egg, water salt and flour and mix together to form the dough. Cover the bowl and set aside. Combine the filling – ground caribou, mashed potato and cheese. Roll the dough on a floured surface and cut circles using a small round container. Place a spoonful of the filling in the middle and fold the dough over, pinching the edges together to seal. Steam for 6 minutes then fry until golden. Serve with sour cream, bacon and garnish.

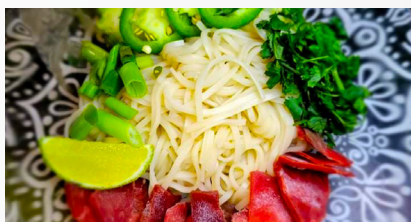


Photo: Shayna Allen

4th Dish: Nice Pho What

BROTH

- 3 pounds caribou bones
- 12 cups cold water
- 1 white onion
- fresh ginger
- 2 cinnamon sticks
- 1 tablespoon coriander seeds
- 1 tablespoon fennel seeds
- 4-star anise
- 4 whole cloves of garlic
- 1 teaspoon salt
- ¼ cup fish sauce

TOPPINGS

- Rice noodles, cooked
- ½ pound of raw thinly sliced frozen caribou
- ¼ cup green onions
- ¼ cup cilantro

GARNISH AND SAUCES

- Sprigs of fresh mint
- Lime wedges
- Siracha
- Hoisin sauce

Boil caribou bones in large pot for 3 hours with sautéed onion and ginger (split in halves) on stove top and add to broth with the spices and reduce to a simmer for an additional 3 hours. Drain broth with ingredients for a clean broth.

Arrange your toppings in each serving bowl and then add the hot broth and finish with the garnish and sauces.

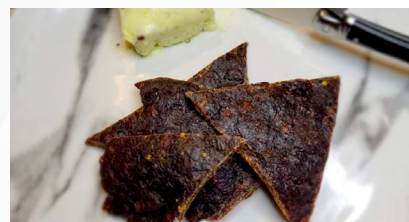


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5th Dish: Dry Meat w/ House Garlic Butter

CARIBOU DRY MEAT

- 2 cups ground caribou
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon chilli flakes

GARLIC BUTTER

- 1 cup butter
- 2 minced garlic cloves
- 2 tablespoon fresh parsley
- 1 tablespoon fresh chives
- 2 tablespoon squeezed lemon

Take ground caribou mixture and flatten on a mesh like material. Let dry for 6 hours, turn over for additional 4 hours. Enjoy with house garlic butter.